

WE CLAIM:

1. A container, comprising:
 - a bowl;
 - a lid for the bowl; and
 - a cup that is detachably securable to the underside of the lid,wherein, when the lid is positioned so as to cover the bowl, the cup is securable within the interior of the bowl, and when the lid is placed underneath the bowl, the bowl is supported at a height above at least a portion of the lid such that an air pocket is defined between the bowl and that portion of the lid.
2. The container of claim 1, further comprising cup-securing means, provided on the underside of the lid, for securing the cup to the lid.
3. The container of claim 2, wherein the cup-securing means comprises a stepped portion that protrudes from the underside of the lid, and the cup includes a rim that is sized to fit snugly around the stepped portion.
4. The container of claim 3, wherein, when the lid is placed upside down, underneath the bowl, the stepped portion supports the bowl at a height above at least a portion of the lid such that an air pocket is defined between the bowl and that portion of the lid.
5. The container of claim 2, wherein the cup-securing means comprises a recess formed in the underside of the lid, and the cup includes a rim that is sized to fit snugly within the recess.
6. The container of claim 5, wherein the lid includes a stepped portion protruding from the top of the lid, and when the lid is placed upright, underneath the bowl, the

stepped portion supports the bowl at a height above at least a portion of the lid such that an air pocket is defined between the bowl and that portion of the lid.

7. The container of claim 1, wherein the bowl includes a substantially four-sided rim with a pair of snap tabs disposed at opposite corners of the rim, and the lid includes corresponding snap tabs that are engageable with the snap tabs on the rim of the bowl to releasably secure the lid to the bowl.

8. The container of claim 1, wherein the bowl includes a substantially four-sided rim that is wider on two opposite sides than on the other two opposite sides.

9. A container, comprising:

a bowl, including a base, a rim, and at least one upstanding sidewall;

a lid for the bowl, the lid including a central panel, a peripheral sealing lip, and a cup-securing structure; and

a cup that is detachably securable to the cup-securing structure,

wherein, when the lid is positioned so as to cover the bowl, the cup is securable within the interior of the bowl, and when the lid is placed underneath the bowl, the bowl is supported at a height above the central panel of the lid such that an air pocket is defined between the base of the bowl and the central panel of the lid.

10. The container of claim 9, wherein the cup-securing structure comprises a stepped portion that protrudes from the underside of the lid, and the cup includes a rim that is sized to fit snugly around the stepped portion.

11. The container of claim 10, wherein, when the lid is placed upside down, underneath the bowl, the stepped portion supports the bowl at a height above the central panel of the lid such that an air pocket is defined between the base of the bowl and the central panel of the lid.

12. The container of claim 9, wherein the cup-securing structure comprises a recess formed in the underside of the lid, and the cup includes a rim that is sized to fit snugly within the recess.
13. The container of claim 12, wherein the lid includes a stepped portion protruding from the top of the lid, and when the lid is placed upright, underneath the bowl, the stepped portion supports the bowl at a height above the central panel of the lid such that an air pocket is defined between the base of the bowl and the central panel of the lid.
14. The container of claim 9, wherein the rim of the bowl is substantially four-sided and includes a pair of snap tabs disposed at opposite corners of the rim, and the lid includes corresponding snap tabs that are engageable with the snap tabs on the rim of the bowl to releasably secure the lid to the bowl.
15. The container of claim 9, wherein the rim of the bowl is substantially four-sided, with two opposite sides being wider than the other two opposite sides.
16. A container for separately storing at least two food items, the container comprising:
 - a bowl, including a base, a rim, and at least one upstanding sidewall;
 - a lid for the bowl, the lid including a central panel, a peripheral sealing lip, and a stepped portion protruding from the underside of the lid; and
 - a cup, including a rim that is sized to fit snugly around the stepped portion of the lid to detachably secure to cup to the lid,wherein, when the lid is positioned so as to cover the bowl, the cup is securable within the interior of the bowl, and when the lid is placed upside down, underneath the bowl, the stepped portion of the lid supports the base of the bowl at a height above the

central panel of the lid such that an air pocket is defined between the base of the bowl and the central panel of the lid.

17. The container of claim 16, wherein the rim of the bowl is substantially four-sided and includes a pair of snap tabs disposed at opposite corners of the rim, and the lid includes corresponding snap tabs that are engageable with the snap tabs on the rim of the bowl to releasably secure the lid to the bowl.

18. The container of claim 16, wherein the rim of the bowl is substantially four-sided, with two opposite sides being wider than the other two opposite sides.